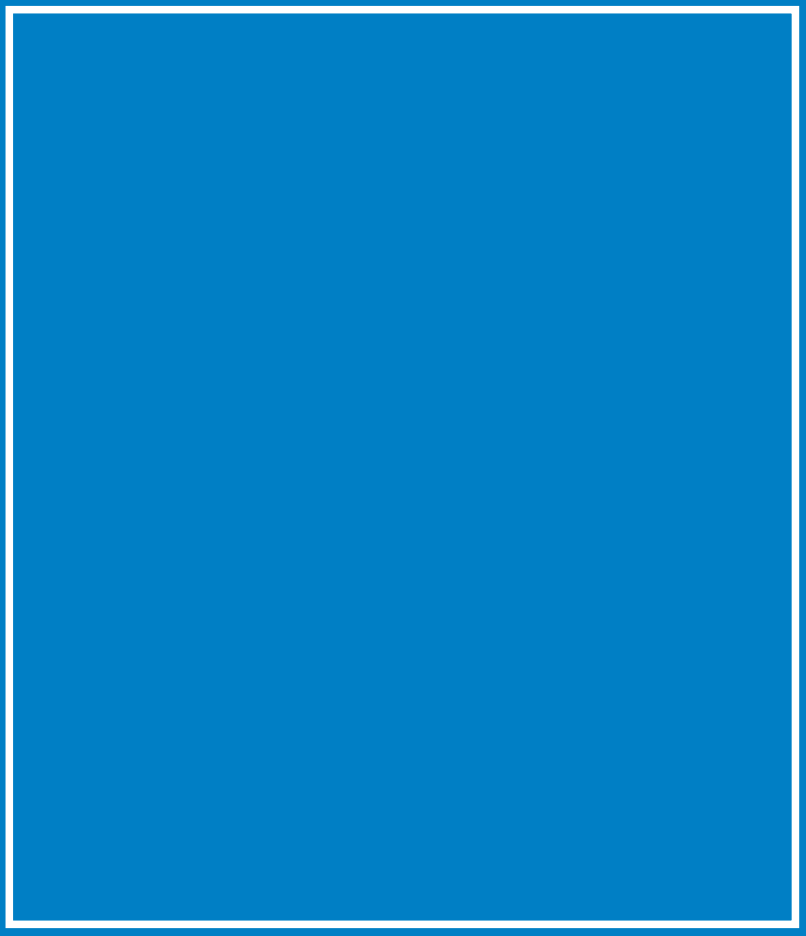
Draft

Panasonic

DIMENSION 4 *the Genius*

Microwave / Convection Oven



NN-C2003S

Operating Guide

We are glad you have chosen to purchase a PANASONIC Microwave/Convection Oven.
Before operating this oven, please read these instructions completely.

If you have only used a Microwave oven for reheating and defrosting, with Panasonic's Inverter Technology, you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent overcooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.
You also have the added advantage of cooking with either convection or grill to achieve perfect browning and crisping of foods. Combination allows you to cook with speed as well as browning at the same time.

After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven.
This book includes recipes from starters to desserts.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave/convection oven.

Consultant Home Economist
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Web Site: http://www.panasonic.co.jp/global

The serial number of this product may be found on the rear panel of product. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____

A00036E00QP
F0903-0

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Turn over for Cook book.

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grill or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. Young children should be supervised to ensure that they do not play with the appliance.

PRACTICAL HINTS

Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILL.
Use care when opening or closing door and when inserting or removing food and accessories.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2),OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO., LTD.

(This statement applicable only to New Zealand.)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth.
The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair service.

c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

d) Before use, the user should check that utensils are suitable for use in microwave ovens.

e) Liquids or other foods must not be heated in sealed containers since they are liable to explode.

f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

g) Accessible parts may become hot when the CONVECTION/COMBINATION/GRILL is in use. Children should be kept away.

SAVE THESE INSTRUCTIONS

Installation and Earthing Instructions

Important Instructions

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

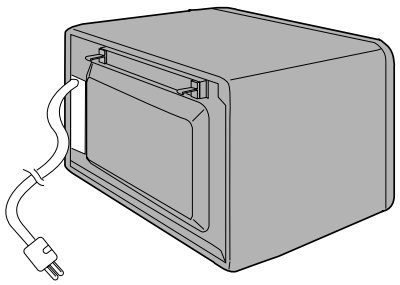
1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and **sealed baby bottles with a teat**) - may explode and should not be heated in a microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
    a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
    b) Remove wire twist-ties from bags before placing bag in oven.
    c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
11. Do not remove outer panel from oven.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING - Improper use of the earthing plug can result in a risk of electric shock.

Placement of Oven

1. The oven must be placed on a flat, stable surface more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked.**
    a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
    b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
    c) Do not operate oven when room humidity is too high.
2. The surfaces of top, back and left side of the oven become hot during operation. Do not allow the mains cable to come in contact with the surface of the oven.



3. This oven was manufactured for household use only.
4. This oven may be built into a wall cabinet, if desired. This microwave oven is designed and approved for use only with a genuine Panasonic trim kit for Model number listed in the operating instructions (page 30). Installation with any other trim kit may void the warranty.

Circuit

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Fan Motor Operation

After using the oven, the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

General Instructions

General Use

1. Only use utensils that are suitable for use in microwave ovens.
2. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
3. If smoke is observed, press STOP/RESET pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
4. Do not dry clothes, newspapers or other materials in the oven. They may catch on fire.
5. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to Ceramic Tray. The tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on Ceramic Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
12. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heatproof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
13. It is recommended not to use the wire rack when cooking in the MICROWAVE mode only.
14. If ceramic tray is hot, aloow to cool before cleaning or placing in water.
15. Look at the oven from time to time when food is heated or cooked in disposal containers of plastic, paper or other combustible materials, as these types of containers ignite if overheated.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard - boiled eggs. (unless otherwise stated in recipes.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your oven. NEVER leave oven unattended when popping popcorn.
11. Take care when heating food in foil trays. Trays should be no deeper than 2 cm and should not touch the sides of the oven walls. If you are unsure of the heating time, do not leave the oven unattended.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection

Metal substances REFLECT microwave energy because there is no absorption and there is no heating. This is why the oven interior is either stainless steel or paint-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use correct containers when cooking in a microwave oven. The following will help you to make the right selection.

How to Test a Container for Safe Microwave Oven Use
Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food by Convection, Combination and Grill. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towels, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting a microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and scorch.
The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking time. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be successfully used for defrosting or for use on lower power levels.
Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturers' directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers" as well as any glass lid be careful to remove it away from you to avoid steam burns.
Loosen plastic but let dish stand covered.

Browning Dishes

NOTE: Browning dishes are no longer available. This information is supplied to assist people who already own a browning dish.

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturers' directions. Add food to be seared and heat according to recipe or personal preference. Use pot holders to remove the dish from the Microwave Oven. Do not use the browning dish on or in a conventional stove.
Remember:
Food can be covered with a loose sheet of absorbent towel to prevent splattering.
Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.
Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven; otherwise arcing may occur.
Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used on Microwave or Combination.
Frozen dinner trays can be used on Microwave if the container is no deeper than 2 cm and is filled with food. They may be used on Convection.
Metal skewers can not be used on Microwave as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.
Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven or on Combination.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Straw, Wicker, and Wood

Straw and wicker baskets may be used in the microwave oven for a short period of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

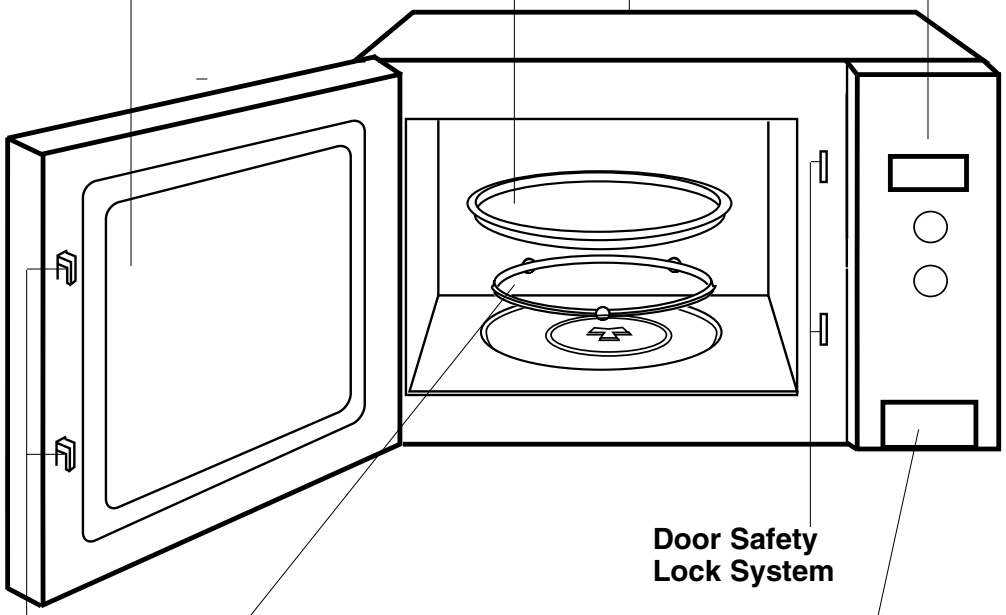
Cookware and Utensil Chart

	Microwave	Grill	Convection	Combination
Aluminium foil	for shielding	yes	yes	for shielding
Browning dish	yes	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe non-oven, microwave safe	 yes yes	 yes no	 yes no	 yes no
Disposable polyester paperboard dishes	yes*	no	yes*(up to 220˚C)	yes*(up to 220˚C)
Glassware oven glassware & ceramic non heat resistant	 yes no	 yes no	 yes no	 yes no
Metal cookware	no	yes	yes	yes**
Metal twist-ties	no	yes	yes	no
Oven cooking bag	yes	no	yes*	yes
Paper towels and napkins	yea	no	no	no
Plastic defrosting rack	yes	no	no	no
Plastic dishes microwave safe non microwave safe	 yes no	 no no	 * no	 * no
Plastic wrap	yes	no	no	no
Straw, wicker, wood	yes	no	no	no
Thermometers microwave safe conventional	 yes no	 no yes	 no yes	 no no
Waxed paper	yes	no	no	no

* Check manufacturers' recommendation, must withstand heat.
** Follow recipe instructions.
NOTE: See page 10 for accessories included.

Feature Diagram

Ceramic Tray
1. Do not operate the oven without Roller Ring and Ceramic Tray in place.
2. Only use Ceramic Tray specifically designed for this oven. Do not substitute any other Ceramic tray.
3. If Ceramic Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Ceramic Tray unless otherwise indicated. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Ceramic Tray touches the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
6. Ceramic Tray can rotate in either direction.



Oven Window

Identification Plate
The oven model number and serial number are recorded here.

Control Panel

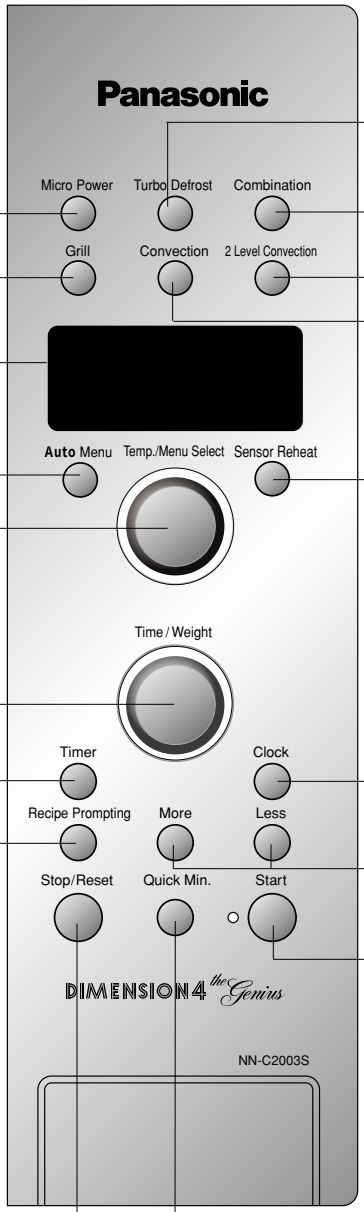
Door Safety Lock System

Roller Ring
1. Roller Ring and oven floor should be cleaned frequently to prevent from excessive noise.
2. Roller Ring must always be used together with Ceramic Tray for cooking.

Door Release Button
Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of microwave exposure.

Door Safety Lock System

Feature Diagram - Control Panel



Micro Power pad
(☛ page 14)

Grill pad
(☛ page 18)

Word Prompting Display

Auto Menu Pad
(☛ page 22 - 26)

Temp. / Menu Select Dial

Time / Weight Dial

Timer pad
(☛ page 26)

Recipe Prompting pad
(☛ page 27)

Turbo Defrost pad
(☛ page 16)

Combination pad
(☛ page 20)

2 Level Convection pad
(☛ page 19)

Convection pad
(☛ page 19)

Sensor Reheat pad
(☛ page 22)

Clock pad
(☛ page 13)

More / Less pads
(☛ page 22)

Start pad
One tap allows oven to begin functioning. If door is opened or STOP/RESET pad is tapped once during oven operation, START pad must again be pressed to restart oven.

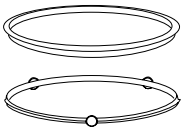
Stop/Reset pad
Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.

Quick Min. pad
(☛ page 28)

Prompters:

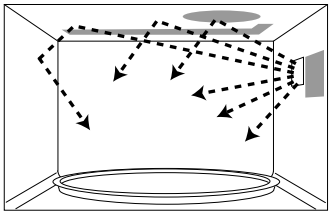
When a pad is pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the screen. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the screen. Words will automatically appear to prompt user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete program, the oven will beep five times.

Oven Accessories

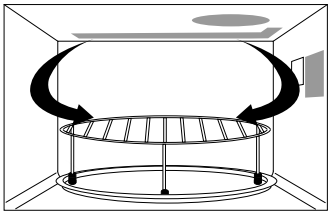
	Ceramic Tray with Roller Ring  Use always	High Rack	Low Rack
Microwave	yes	no	no
Grill	yes	yes	yes
Convection	yes	yes	yes
2 Level Convection	yes	yes	yes
Combination	yes	no	yes

Cooking Modes: Heating Source

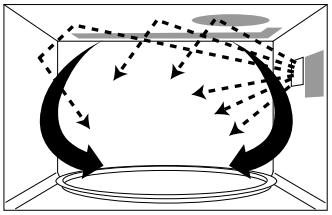
Microwave



Grill

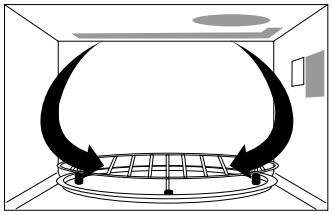


Combination

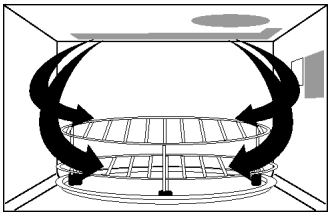


Low Rack can be used for Combination cooking.

Convection



2 Level Convection



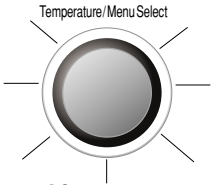
Microwave

Heat

Cook Navigator

This feature allows you to guide you through the cooking process. Once a pad has been selected, the oven will prompt you the NEXT step until cooking starts.

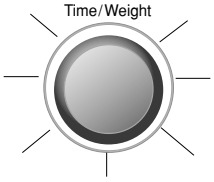
e.g.



- **Set the cooking temperature.**
  e.g. After pressing the Convection Bake pad.

or

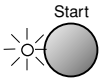
- **Select menu.**
  e.g. After pressing Auto Menu pad.



- **Set the cooking time.**
  e.g. After selecting the Micro Power level.

or

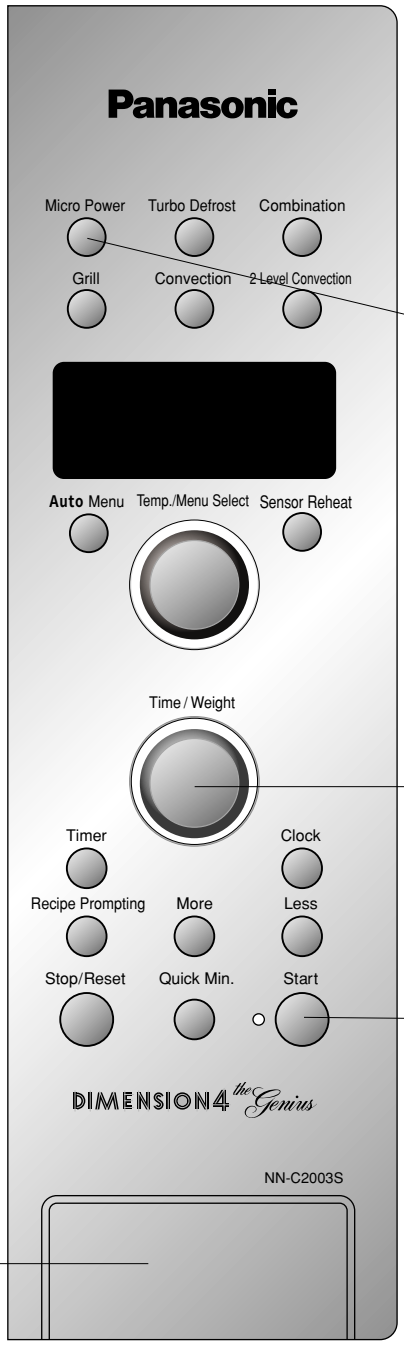
- **Set the weight.**
  e.g. After pressing the Turbo Defrost pad.



- **Press Start Pad.**
  e.g. After selecting the Micro Power level and time.

1 Plug In

Plug into a properly grounded electrical outlet.
"WELCOME TO INVERTER COOKING"
appears in the display window.
(This will immediately cease when any pad is pressed.)



3 Select Power Level

e.g. HIGH power — Press once
(Continue pressing for other power levels
— page 14)

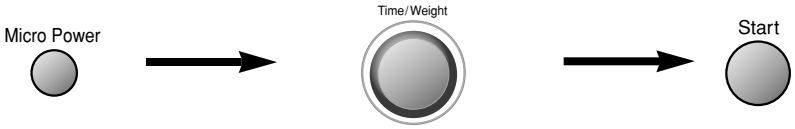
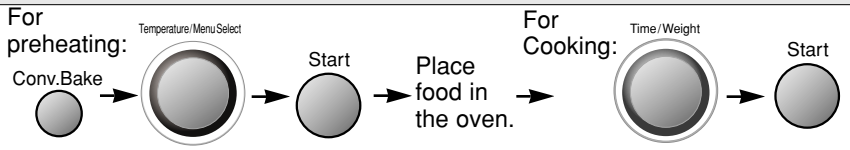
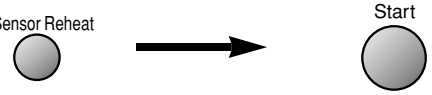
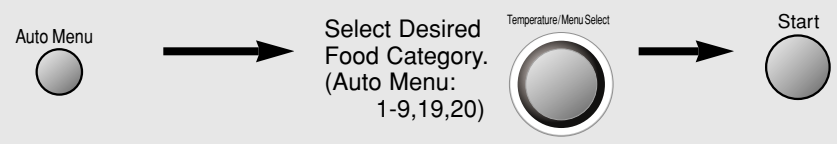
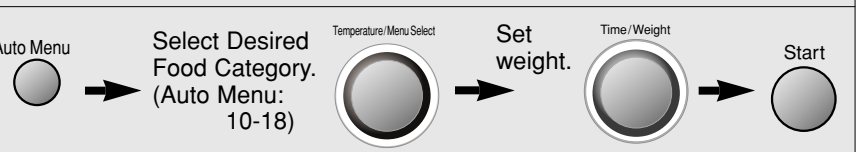
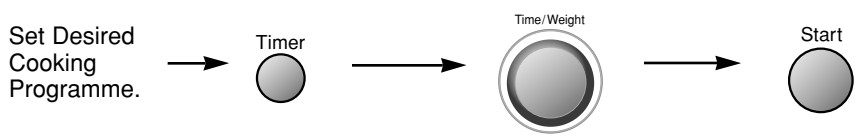
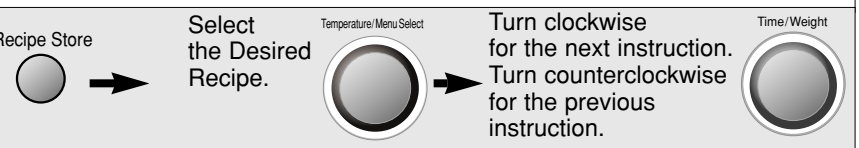
4 Set Time

5 Press

2 Press

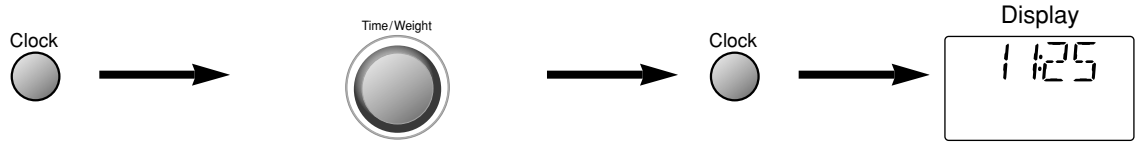
Open the door and place the food on Ceramic Tray in the oven. Then close the door.

Quick Guide to Operation

Feature	How to Operate
To Set **Clock** (☛ page 13)	
To Use **Child Safety Lock** (☛ page 13)	**To Set:** Start, 3 x press, Display LOCK **To Cancel:** Stop/Reset, 3 x press, Display 1125
To Use **Micro Power and Time Setting** (☛ page 14)	
To Cook on **Grill** (☛ page 18)	
To Cook on **Convection** (☛ page 19)	
To Cook by **Combination** (☛ page 20,21)	
To Reheat using "**Sensor Reheat" pad** (☛ page 22, 23)	
To Cook using "**Auto Menu" pad (1-20):** (☛ page 22 - 26)	 
To Set **Stand Time** (☛ page 26)	
To Use **Recipe Prompting** (☛ page 27, 28)	

To Set Clock

You can use the oven without setting the clock.



Press. **Enter time of day using the Time / Weight Dial.** **Press.**

NOTES:
1. To reset time of day, repeat the steps as above.
2. The clock will keep time of day as long as the oven is plugged in and electricity is supplied.
3. Max time available is 12:59. Clock is 12 hour only.

Operation Guide on the Screen

To assist you in programming your oven, the following operation will appear on the screen.
When you become familiar with your oven, the operation guide can be turned off.

To turn off:

Press 3 times

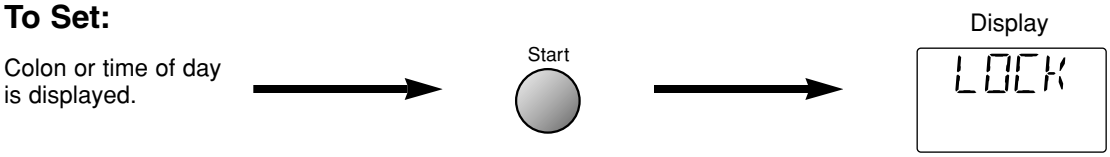
To turn on:

Press 3 times

To Use Child Safety Lock

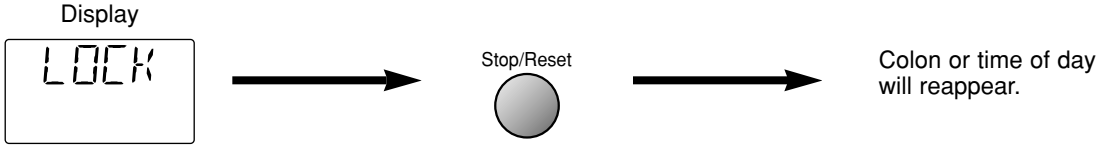
This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Lock when colon or time of day is displayed.

To Set:



Press 3 times.

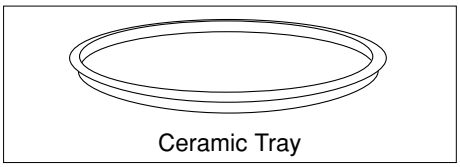
To Cancel:



Press 3 times.

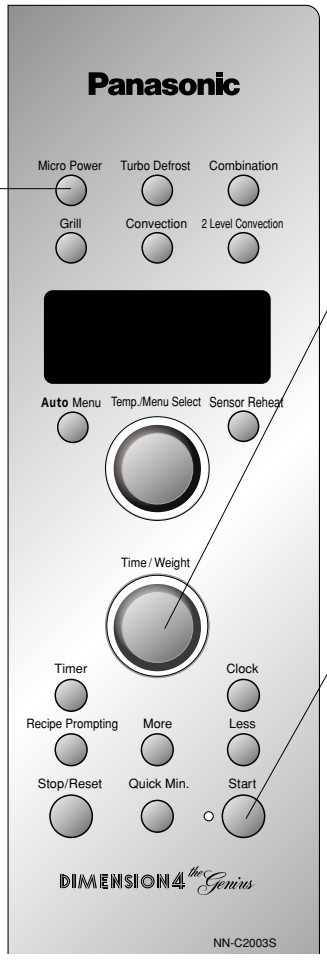
To Reheat / Defrost / Cook by Micro Power and Time

Use of Accessory:



Ceramic Tray

1 Select Micro Power



2 Set Cooking Time

HIGH up to 30 minutes
Others up to 1 hour 30 minutes
Time can be entered 10 second intervals up to 5 mins then 1 min intervals.

3 Press

☛ Cooking will start.
The time in the display window will count down.

Two/Three stage cooking:
Repeat steps 1 and 2 above then press Start, the oven will beep twice between stages.
e.g.Casseroles - HIGH 10 mins to bring to the boil, then MED LOW 30 mins to finish by simmering.

Micro Power:
You can select different power levels for cooking foods at different speeds, refer to the chart below.

Power Level	Power	No. of Taps	Example of Use
HIGH	1000 W	1	Boil water, cook fresh fruit, vegetables, rice and pasta. Preheat browning dish. Reheat soups, stews and casseroles.
DEFROST*	270 W	2	Thaw foods.
MED HIGH	600 W	3	Cook poultry, meat, cakes and desserts. Heat milk.
MEDIUM	440 W	4	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs and cheese. Cook fish.
MED LOW	250 W	5	Simmer soups, stews and casseroles (less tender cuts.) Soften butter and cream cheese.
LOW	100 W	6	Keep cooked foods warm, simmer slowly.

* Refer to page 17.

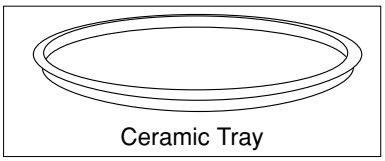
To Reheat / Defrost / Cook by Micro Power and Time

Reheat by setting Power and Time — Frozen Convenience Foods

Item Frozen (pre-cooked)	Power	Approx. Time (in minutes)	Instruction
BREAD & BAKED PRODUCTS Bread 1 slice 1 loaf (700 g) 6 rolls	 MED HIGH MED HIGH MEDIUM	 15 - 20 sec 2 - 3 2 - 3	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.
Cheesecake (450 g)	DEFROST	2 - 3	Remove from container. Defrost on plate.
Muffins – 4 (350 g)	MED HIGH	2 - 3	Place onto paper towel lined plate.
Scones – 6 (400 g)	MEDIUM	2 - 3	Defrost on paper lined plate. Stand 2 minutes.
Croissants – 4 (200 g)	MEDIUM	1 - 2	Place onto paper towel lined plate.
PIES Fruit Pie (500 g)	DEFROST then MED HIGH	5 - 7 5 - 7	Remove from foil container and place uncovered into a pie dish.
Meat Pie (175 g)	DEFROST then MEDIUM	4 - 6 3 - 4	Place onto paper towel lined plate.
Pizza (350 g)	HIGH	5 - 7	Remove from package and place onto paper towel or follow manufacturers' instructions.
FROZEN MEAL Fish in Sauce (200 g)	MEDIUM	6 - 7	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	6 - 7	Pierce pouch.
Lasagne (400 g)	MEDIUM	14 - 16	Remove from foil container, place into serving dish.
Plate Food / TV style dinner (320 g)	MEDIUM	8 - 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 - 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS Chicken Pieces (500 g)	DEFROST then MED HIGH	5 - 7 6 - 8	Place onto paper towel lined plate.
Fish Fingers – 8 (200 g)	DEFROST then HIGH	3 - 5 2 - 3	Place onto paper towel lined plate.
Sausage Rolls (250 g)	MEDIUM	3 - 5	Place onto paper towel lined plate.

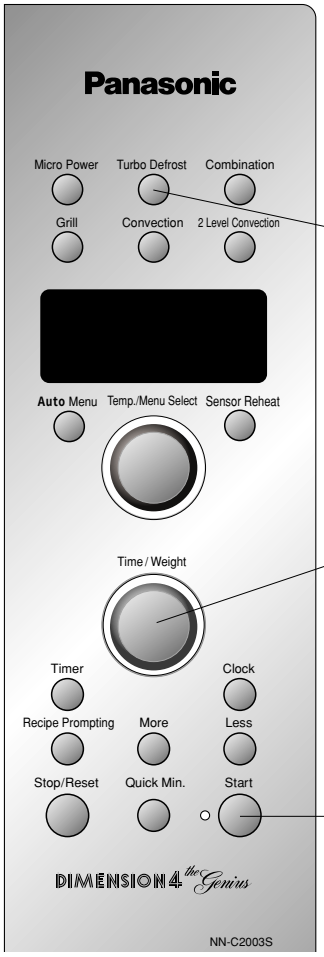
To Defrost

Use of Accessory:



Turbo Defrost

This feature allows you to defrost meat, poultry and seafood by weight.



1 Press

2 Set Weight

up to 3 kg
Weight can be entered 0.1 kg intervals.

The shape and size of the food will determine the maximum weight the oven can accommodate.

3 Press

☛ Defrosting time appears in the display window and begins to count down.

NOTES:
1. Stand time or power level may be programmed after Turbo Defrost. (See pages 14 and 26)
2 For further information on Turbo Defrost, refer to next page.

To Defrost

Defrost by Setting Time

Press twice. Set time. Press.

Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wraps are suitable.
2. Freeze meat, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. Remove all air and seal securely.
4. Label package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

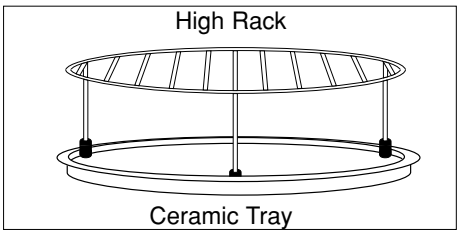
1. Remove from wrapper and set on a roasting rack in a dish on Ceramic Tray.
2. **On Turbo Defrost**, the oven will beep during defrosting.
   At the beep: Turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends, fat bones of roasts or poultry legs and wings with foil.
3. After defrosting: Large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to completely defrost.

Defrosting Chart (by setting time):

Food	Approx. Time	Instruction
MEAT	per 500 g	
Beef		
minced beef	8 - 11	Turn meat over two or three times during defrosting.
roast: topside	12 - 15	
beef tenderloin	12 - 15	Halfway through the defrost cycle break apart minced beef, separate chops and remove meat that is defrosted.
chuck or rump	10 - 13	
sirloin, rolled	11 - 14	
steak	8 - 10	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
miscellaneous	8 - 12	
Pork/Lamb		
roast	9 - 12	Large roasts may still be icy in the centre. Allow to stand.
chops	8 - 11	
ribs	8 - 12	
POULTRY		Turn poultry over two to four times during defrosting. Halfway through the defrost cycle shield end of drumstick, wings, breast bones, and ends of poultry with foil.
Chicken		
whole	9 - 12	
pieces	8 - 11	
fillets	8 - 10	Break apart chicken pieces and remove small pieces such as wings, that may defrost before larger pieces.
Duck	10 - 12	
Turkey	10 - 13	
		Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish fillets	9 - 11	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted.
Whole fish	9 - 12	
Crabmeat	8 - 10	
Lobster tails	8 - 10	
Sea scallops	8 - 10	Allow to stand 5 to 10 minutes before cooking.
Green prawns	10 - 12	

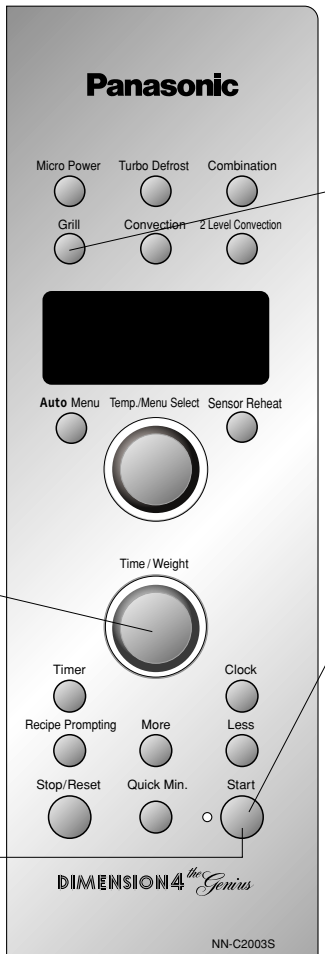
To Cook on Grill

Use of Accessory:



There are two Grill settings available.
Grill 1(High) is ideal for grilling meat, chicken and fish fillets.
Grill 2 (Low) is ideal for grilling whole fish and oven baked chips and browning cheese and egg dishes.

Place a heatproof glass or ceramic dish under the rack to catch any excess fat or meat juices.



1 Select Grill Power

Grill 1 (High) or Grill 2 (Low) can be selected.

2 Press

☛ The oven begins to preheat. Do not open the door during preheating.

3 Place the food

Place the food on High Rack. At the completion of preheating, 3 beeps will be heard and “P” will blink in the display.

4 Set Time

(up to 1 hour 30 minutes)
Time can be entered 10 second intervals up to 5 mins then 1 min intervals.

5 Press

☛ Cooking will start.

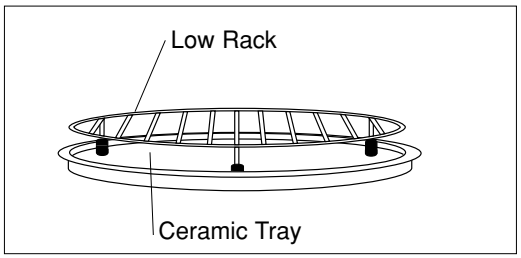
NOTE:

1. Place Ceramic Tray correctly in the oven before preheating.
2. If the oven door is not opened after the completion of preheating, the oven will maintain the selected Grill Power for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
3. If preheating is not required for the food you are cooking, eliminate step 2.

To Cook on Convection

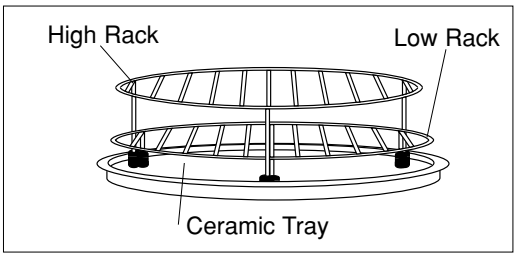
1 Level Convection:
Just like a conventional oven, the convection oven has a heating element to give the dry heating needed to produce crisp, browned exteriors. Convection cooking has the addition of a fan to produce conventional results with a slightly reduced cooking time. Convection cooking temperatures range from 100˚C to 250˚C. Most conventional recipes will be suitable for use. Follow the minimum suggested cooking times and add additional time if required. Convection recipes are also available throughout the recipe section.

Use of Accessory:



2 Level Convection:
2 Level Convection is available for when you wish to cook a larger quantity of food. The entire oven cavity may then be utilised. For example, cooking two trays of biscuits Foods placed on Low Rack may require a slightly longer cooking time than those on High Rack.

Use of Accessory:



1 e.g. Conv.Bake

Press

2 Temperature/Menu Select

Select the desired oven temperature

3 Start

Press

☛ The oven begins to preheat. Do not open the door during preheating.

4

Place the Food

After preheating 3 beeps will be heard and "P" will blink in the display.

5 Time/Weight

*Set Cooking Time

(up to 9 hours and 59 minutes)
* Time can be entered 1 min intervals.

6 Start

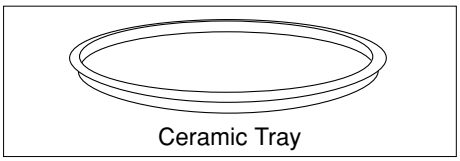
Press

☛ Cooking will start.

NOTE:
1. Place Ceramic Tray correctly in the oven before preheating.
2. If the oven door is not opened after the completion of preheating, the oven will maintain the selected temperature for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
3. If preheating is not required for the food you are cooking, eliminate step 2.
4. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
5. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then counts down by minutes and seconds.

To Cook on Combination: Convection & Microwave

Use of Accessory:



Low Rack can be used for Combination cooking.

There are 6 combination settings.
To select the correct program for particular foods, refer to next page.

1 Select Setting

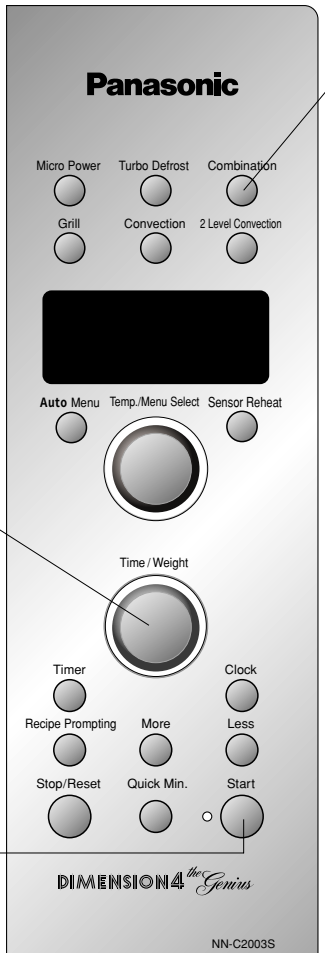
☛ COMB 1-6 and the program temperature appears in the display.

2 Set Cooking Time

(up to 9 hours and 59 minutes)

3 Press

☛ Cooking will start.



NOTE:

1. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
2. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then indicates counts down by minutes and seconds.

To Cook on Combination: Convection & Microwave

Combination cooking is ideal for roasting meats, poultry and cooking cakes, pastries and slices. Combination cooking automatically alternates between Convection and Microwave heating.

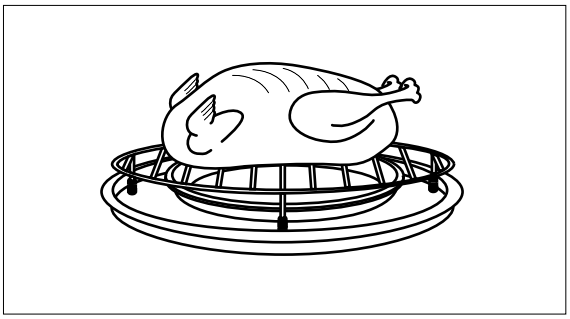
The advantage of Combination cooking is that it gives you the browning of Convection and often shortens the conventional cooking time. Time is also reduced as preheating is not required.

To calculate cooking time start by cooking for approximately $^2/_3$ of the conventional cooking time and add additional time If required. For examples of recipes and cooking times, consult recipes in the recipe section.

Ovenproof cookware, including ceramic is suitable for use on Combination cooking. Cakes, slices, desserts etc. may be cooking in metal cookware providing there is suitable quantity of food to be absorbed by the microwave heat. For example, do not place a small amount of food in a large metallic dish as arcing may occur.

When cooking by Combination, place dishes to be cooked on the Ceramic Tray. When roasting meat, the roasts may be placed directly on Low Rack. Sausages and rissoles may also be cooked in this way.

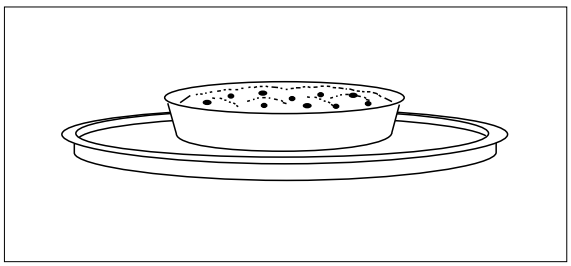
Place a heatproof glass or ceramic dish under the rack to catch any drips from the roast. Alternately, elevate the roast on a roasting rack in a baking dish and place directly on Ceramic Tray.



Examples of Foods to Cook by Combination Mode

Combination Setting	Foods Suitable	Oven Temperature	Micro Power Level
COMB 1	Casseroles, pot roasts, meat loaves, corned meat	150˚C	LOW
COMB 2	Quiche, baked custards, rice pudding	160˚C	LOW
COMB 3	Cakes, self saucing pudding, layered slices, apple pie	170˚C	LOW
COMB 4	Single layer slice, light cakes, roast lamb	180˚C	LOW
COMB 5	Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken pieces casseroles, lasagne, reheating sweet/savoury pies, reheating muffins	200˚C	MED LOW
COMB 6	Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants	230˚C	LOW

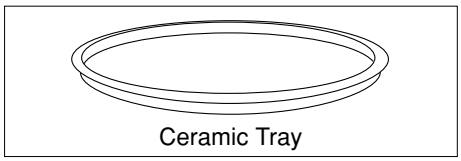
Use of Accessory:



Cakes, slices, desserts, etc. may be cooked in metal cookware. Do not place a small amount of food in a large metallic dish as arcing may occur.

To Reheat / Cook by Sensor Reheat / Auto Menu

Use of Accessory:



Sensor Reheat / Sensor Cook (Auto menu 1-9)

This feature allows you to reheat/cook most of your favourite foods without having to select cooking times and power levels. The oven does it all automatically.

Sensor Cook (Auto Menu 1 - 9):

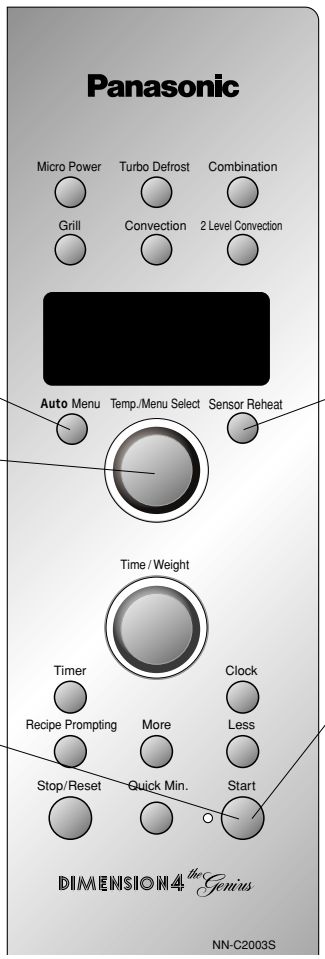
1 Press

2 Select Menu

(Auto Menu 1 - 9)
Category and "PRESS START" appears in the display window.

3 Press

☛After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.



Sensor Reheat:

1 Press

2 Press

☛After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.

More/Less pads
Preferences for food doneness vary with each individual. After having used Sensor Reheat/Sensor Cook a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less pads, the programs can be adjusted to cook food for a longer or shorter time.
Press More/Less pads after selecting category and before pressing Start pad.

For best results, follow these recommendations:

1. The Sensor Reheat / Sensor Cook work by detecting the amount of steam generated by the food being cooked. From the generated steam, the oven then calculates the remaining cooking time.
2. When an Auto Program has been selected, the category will appear in the display window.
3. The door should not be opened before the time appears in the display window.
4. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
5. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.
6. If the oven has been previously used on CONVECTION, COMBINATION or GRILL, and it is too hot to be used on a Sensor Program, a "HOT" will appear in the display window. The cooling fan will operate to cool the oven rapidly. After the "HOT" disappears, the program may be used. If you are in a hurry, cook food manually i.e. select Micro Power Level and cooking time yourself.

To Reheat / Cook by Sensor Reheat / Auto Menu

SENSOR REHEAT (200 g - 1.2 kg)

- All foods must be pre-cooked.
- Foods should be at room or refrigerated temperatures.
- Stirrable foods are recommended.
- Place in a suitably sized dish (approximately 3/4 full).
- Dish should be covered with plastic wrap or a fitting lid.
- Stir food after removal from oven.
- Allow 2 to 3 minutes standing time.
- Do not reheat in foil or plastic containers.

1.FROZEN REHEAT (200 g - 1.2 kg)

- Suitable for reheating pre-cooked soups, stews, casseroles, roast dinners, pasta dishes (except lasagne) and rice dishes from a frozen temperature.
- This setting is not suitable for reheating frozen bread or pastry products, raw or uncooked foods or beverages.
- Remove convenience foods from foil or plastic packaging and place in an appropriate sized dish.
- Cover dish with plastic wrap or a lid.
- Halfway through cooking time, the oven will 'beep' and prompt you to "STIR" or "REARRANGE" the foods. At the end of the cooking time, stir and let stand for 3-5 minutes.

2. VEGETABLES (125 g - 1.0 kg)

- Place in a suitably sized dish and cover with plastic wrap or a fitting lid.
- Larger vegetables should be placed in a single layer in a shallow dish.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear slightly dehydrated or a softer texture is desired.
- Do not add salt before cooking.
- At the completion of cooking, stir larger quantities and allow to stand for 2 to 3 minutes.

3. ROOT VEGETABLES (125 g - 1.0 kg)

- Vegetables should be trimmed, prepared and cut into even sized pieces.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear sightly dehydrated or a softer texture is desired.
- Place in a suitably sized dish and cover dish with plastic wrap or a fitting lid.
- If desired, butter, herbs, etc. may be added but do not add salt until the completion of cooking.

4. FROZEN VEGETABLES (125 g - 1.0 kg)

- See above 2 and 3.

5. FRUIT (125 g - 2.0 kg)

- The addition of water and sugar is optional as most fruit will yield juice as it cooks.
- If liquid is required to produce a softer result, add approximately 1/4 cup per 250 g.
- A sugar syrup may be made by combining 1/4 cup of caster sugar with 1/2 cup of water and cooking on HIGH for 2 to 3 minutes, stirring once to dissolve.
- Place prepared fruit to be cooked in an appropriately sized dish and cover with plastic wrap or a fitting lid.

6. RICE (1/2 cup - 3 cup)

- Use a larger sized dish to prevent rice from boiling over.
- Use cold water at a ratio of:
  1/2 cup rice / 1 cup water
  1 cup rice / 1 1/2 cups water
  2 cup rice / 3 cups water
- Cover with plastic wrap or a fitting lid.
- When the cooking time appears in the display window, remove plastic wrap or lid.
- At the completion of cooking, allow 5-10 minutes standing time.

7. PASTA (125 g - 500 g)

- Suitable for cooking dried pasta.
- Place pasta and water in a large size dish to prevent from boiling over.
- Use boiling water at the ratio of,
  125 g pasta / 3 cups water
  250 g pasta / 4 cups water
  375 g pasta / 6 cups water
  400 g pasta / 7 cups water
  500 g pasta / 8 cups water
  add 1 teaspoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover with plastic wrap or a fitting lid.
- When the cooking time is displayed, remove the cover.
- Stand for 5-10 minutes at the completion of cooking time.

8. FISH (250 g - 1.0 kg)

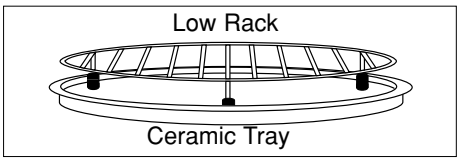
- Suitable for cooking whole fish, fish fillets and cutlets.
- Select fish suitable for microwave cooking and place skin side down in a shallow dish.
- Overlap thin ends of fillets to prevent overcooking.
- Cover dish with plastic wrap or a fitting lid.
- Allow larger quantities of fish to stand for 3 to 5 minutes at the completion of cooking.
- For dense pieces of fish, slightly extra cooking time should be allowed by pressing "MORE" pad.

9. CASSEROLE (500 g - 2.5 kg)

- Select less tender cuts of meat as these will produce the best results.
- Cut meat and vegetables into even sized pieces.
- Place into a suitably sized dish (approx. 3/4 full).
- Add approximately 1/2 to 1 cup of stock or soup per 500 g meat.
- Ensure that a casserole dish with a lid is used. DO NOT USE PLASTIC WRAP, as the heater could melt the wrap.

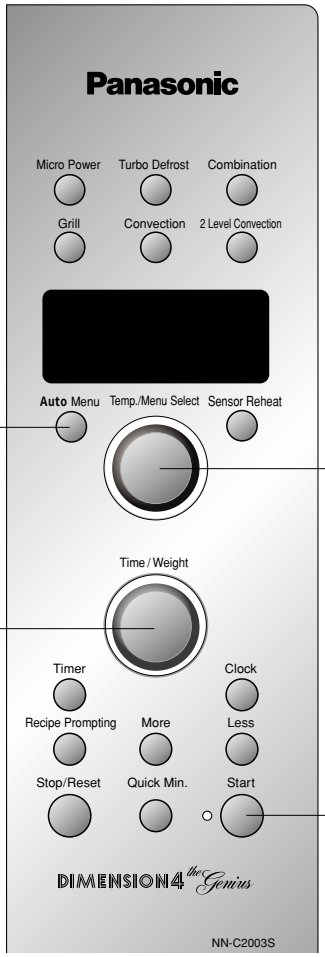
To Cook by Auto Menu

Use of Accessory:



Weight Cook (Auto menu 10 - 18):

This feature allows you to cook most of your favourite foods by setting the weight.



1 Press

2 Select Menu

(Auto Menu 10 - 18)
☛ Category and "SET WEIGHT" appear in the display window.

3 Set Weight

Weight can be entered 0.1 kg intervals.

4 Press

☛ Cooking time appears in the display window and begins to count down.

During cooking, the oven will beep and scroll "TURN OVER", or "TURN OVER AND ADD VEGETABLES" to signal that the food needs to be turned or added vegetables.

NOTE:

1. These settings are cooked by Combination (Convection and Microwave).
2. When the weight has been entered, the cooking times will be determined.
3. When using settings 12, 14, 16 and 18, enter the weight of the meat only.
   If potatoes are not sufficiently crispened at the completion of cooking, remove roast from oven and leave potatoes on Low Rack. Program Grill 1 for 10 minutes (It is not necessary to preheat).
4. Roasts weighing above or below the recommended weights should be cooked by manual combination (see page 20).

10. BEEF RARE / 11. BEEF MEDIUM (750 g - 3.0 kg)

- Select roasts that are even in shape, if not, tie roasts with string to aid with even cooking.
- Place the beef fat side down on Low Rack, with a shallow dish underneath to collect drips.
- Turn the beef approximately halfway through cooking time.
- At the completion of cooking, wrap in aluminium foil and allow to stand for 10-15 minutes before carving.

12. BEEF MEDIUM AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- Select roasts that are even in shape, if not, tie roasts with string, to aid in even cooking.
- Place beef fat side up on Low Rack with a shallow dish underneath to collect the drips.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.1 kg, position potatoes around the outside of the rack. Brush with melted butter or oil. and softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- There is no need to turn the meat or vegetables during the cook time. Vegetables may require basting halfway through the cooking time.
- At the completion of the cooking time, wrap the beef in aluminium foil and allow to stand for 10-15 minutes before carving.

13. LAMB (750 g - 3.0 kg)

- Place the lamb fat side down on Low Rack. with a shallow dish underneath to collect drips.
- Turn the lamb over approximately halfway through cooking time.
- At the completion of the cooking time, wrap the meat in aluminium foil and allow to stand for 10-15 minutes before carving.
- Boneless roasts may require an additional 5-10 minutes cooking time: Micro Power MEDIUM.

14. LAMB AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- Place lamb fat side up on Low Rack with a shallow dish underneath to collect the drips.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.4 kg place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- At the completion of the cooking time, wrap the lamb in aluminium foil and allow to stand for 10 minutes before carving.

15. PORK (750 g - 3.0 kg)

- Select roasts that are uniform in shape, if not, tie roasts with string, to aid with even cooking.
- Place the pork crackling side up on Low Rack with a shallow dish underneath to collect drips.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- There is no need to turn the pork during the cooking time.
- At the completion of cooking time, wrap the pork in aluminium foil and allow to stand for 10-15 minutes before carving.

16. PORK AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- Select roasts that are uniform in shape, as this will produce the most evenly cooked result.
- Place crackling side up on Low Rack with a large shallow dish underneath to collect the drips.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- Prepare vegetables and cut into even sized pieces.
- For roasts weighing more over 1.2 kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking.
- There in no need to turn the meat or vegetables during the cook time. Potato may require additional basting halfway through cooking time.

17. CHICKEN (750 g - 3.0 kg)

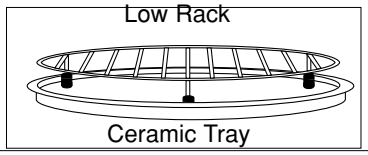
- To keep chicken in shape during cooking, truss or tie the legs of the bird together.
- Place the chicken breast side up on Low Rack, with a shallow dish underneath to collect the drips.
- If desired, brush the chicken with oil or melted butter and sprinkle with herbs.
- There is no need to turn the chicken during the cooking time. If desired, baste the chicken halfway through cooking.
- At the completion of cooking, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

To Cook by Auto Menu

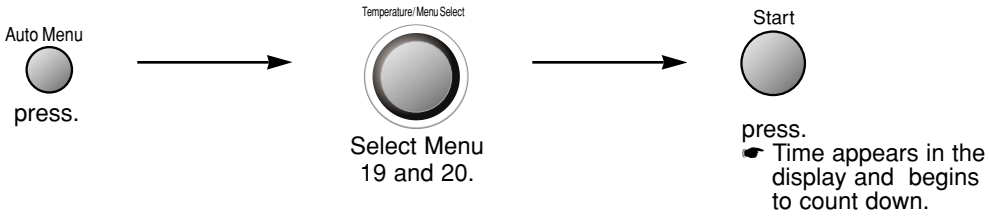
18. CHICKEN AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- To keep poultry in shape during cooking , truss or tie the legs of the bird together. Brush with melted butter and sprinkle with herbs if desired.
- Place the chicken breast side up on the Low Rack with a shallow dish underneath to collect the drips.
- Prepare the vegetables into even sized pieces.
- For chicken weighing 1.1 kg or less, place all vegetables around the outside of the rack. Brush with melted butter or oil.
- For chickens weighing more than 1.1kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time.
- There is no need to turn the chicken or vegetabeles for the cooking. If desired, baste the chicken and potatoes with melted butter halfway through cooking.
- At the completions of the cooking time, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.



Auto Cook (Auto menu 19 - 20):



CAKE / SLICE

- This setting is designed for cooking single layer slices and light cakes which are cooked at a moderate temperature.
- Metal cookware may be used. Position dish to be cooked on the Low Rack, placed on Ceramic Tray.
- Preheating is not required.

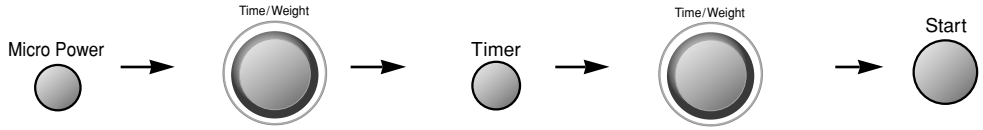
CAKE / DESSERT

- This setting is designed for cooking layered slices and heavier cakes such as Banana which are cooked at a moderate temperature. It is also suitable for cooking desserts such as apple pie and self saucing puddings.
- Metal cookware may be used. Position the dish to be cooked on Low Rack, placed on Ceramic Tray.
- Preheating is not required.

To set standing Time

Using the Timer Pad, you can program 1) a Stand Time after cooking is completed or 2) a minute timer.

e.g.



Select the desired cooking program.

Press Timer pad.

Set the desired amount of time. (up to 1 hour 30 minutes)

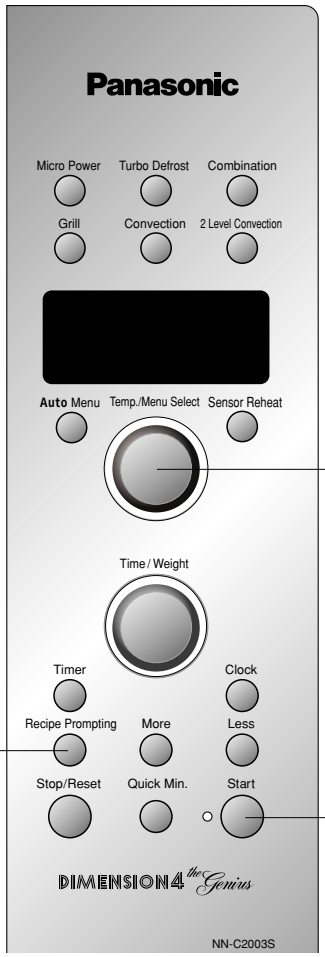
Press Start pad.

NOTES:

1. Three stage cooking can be programmed including a Stand Time.
2. If the oven door is opened during the Stand Time, the time in the display window will continue to count down.
3 This feature may also be used as a timer. In this case, eliminate first step.

To Use Recipe Prompting

Recipe Prompting helps you to cook by following the methods in the display window.
40 recipes are programmed. (Refer to the next page.)



1 Press

2 Select Menu

until the desired recipe appears in the display window.

☛ Recipes are arranged alphabetically.

3 Turn

☛ The first instruction will be scrolled across the display window.

Turn clockwise for the next instruction.
Turn counterclockwise
for the previous instruction.

Instructions include operation of microwave / convection oven. For detailed information on operation, please refer to page 14-21.

“ENJOY YOUR MEAL” will be scrolled across the display window at the end of each recipe.

To Use Recipe Prompting

NOTE:
Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time / Weight Dial. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.
For further information about cooking any of these recipes, refer to the cooking guide section.

The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
1. APRICOT HONEY SLICE	86	21. HONEY SESAME DRUMSTICKS	57
2. APRICOT NECTAR CHICKEN	54	22. LEMON PEPPER FISH	46
3. BLUEBERRY MUFFINS	84	23. LEMON POPPY SEED COOKIES	90
4. CARAMEL SAUCE	93	24. MINI BAKED POTATOES	74
5. CHEESE AND HAM FILLED POTATOES	74	25. PEACH CRUMBLE	92
6. CHEESE SAUCE	35	26. PEPPER POT BEEF	68
7. CHICKEN AND MUSHROOM PASTA SAUCE	81	27. POTATO CASSEROLE	75
8. CHICKEN CACCIATORE	52	28. POTATO WEDGES	75
9. CHICKEN CURRY	54	29. PUMPKIN SOUP	38
10. CHICKEN RISOTTO	79	30. RICH CHOCOLATE SAUCE	93
11. CHILLI BEEF	64	31. ROAST HERB CHICKEN	55
12. CHINESE BEEF AND VEGETABLES	66	32. SEASONED RICE	79
13. CHOCOLATE BROWNIES	86	33. SEASONED ROAST LAMB	63
14. CHOCOLATE FUDGE	83	34. SOY CHICKEN AND VEGETABLES	57
15. CREAMY BACON SAUCE	80	35. SPAGHETTI MEAT SAUCE	80
16. FRAGRANT COCONUT RICE	78	36. SPEEDY CHOCOLATE BIT SLICE	88
17. FRENCH ONION BEEF CASSEROLE	65	37. SWEET BERRY SAUCE	93
18. GARLIC PRAWNS	48	38. TOMATO AND BACON SOUP	37
19. GINGERED WHOLE FISH	48	39. TOMATO VEGETABLE CASSEROLE	73
20. HERBED VEGETABLES	72	40. VEGETABLE CURRY	73

To Use Quick Min. Pad

This feature allows you to set cooking times at Micro Power “HIGH” easily in multiples of one minute.

Quick Min.

Press to set cooking time.
(up to 10 minutes)
☛ Time appears in the display.

Start

Press.
☛ Cooking starts.
Time in the display begins to count down.

NOTE: If you use Quick Min., you cannot use the Time / Weight Dial or vice versa.

To Change the Cooking Time

While operating, you can change the cooking time.
1. Press the Function Pad you set.
2. Change the cooking time to desired amount by using the Time / Weight Dial.
You can change the oven temperature by using the Temp. / Menu Select Dial.
This feature is not available for Sensor Reheat or Auto Menu.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:	
The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryer, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination.	These noises occur as the oven automatically switches from microwave power to Convection/Grill, to create the Combination setting. This is normal.
The oven has an odour and generates smoke when using the Convection, Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on. →	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking. →	The door is not closed completely.	Close the oven door securely.
	Start pad was not pressed after programming.	Press Start pad.
	Another program has already been entered into the oven.	Press Stop/Reset pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset pad has been pressed accidentally.	Program oven again.
The words “DEMO MODE”* appear on the screen. →	Clock pad has been pressed three times.	Deactivate mode by pressing Clock pad three times.
When the oven is turning on, there is noise coming from Ceramic Tray. →	Roller Ring and oven bottom are dirty.	Clean these parts according to Care of Your Oven (see page 97).

* DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.

If it seems there is a problem with the oven, contact an authorised Service Centre.

Care of Your Microwave Oven

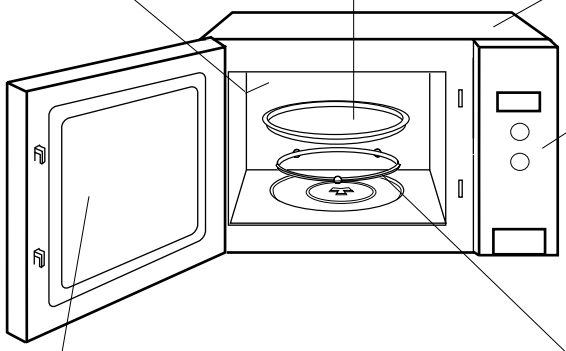
BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace Roller Ring and Ceramic Tray in the proper position and press Stop/Reset Pad to clear the display window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Do not use oven cleaners on the top of the oven.

Ceramic Tray:
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and nonabrasive cleaners.

Outside oven surfaces and back vents:
Clean with a damp cloth. To prevent from damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

The roller ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

After GRILL or COMBINATION cooking, the oven should be cleaned with a soft cloth squeezed in soapy water. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to “SMOKE” during use. To avoid smoking, run the oven without food on Grill - 1 for 20 minutes.

Technical Specifications

Power Source	240 V, 50 Hz	230 V, 50 Hz	220 V, 50 Hz
Power Consumption			
Microwave	5.3 Amps, 1,220 W	5.6 Amps, 1,220 W	5.9 Amps, 1,220 W
Heater	7.5 Amps, 1,800 W	7.8 Amps, 1,800 W	8.2 Amps, 1,800 W
Output			
Microwave*	1,000 W	1,000 W	1,000 W
Heater	Approx. 1,800 W	Apprtox. 1,800 W	Approx. 1,800 W
Outside Dimension	376 (H) x 611 (W) x 490 (D) mm		
Oven Cavity Dimensions	242 (H) x 412 (W) x 426 (D) mm		
Uncrated Weight	Approx. 21 kg		

*IEC Test procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.